

November celebrates military families

By AN Michelle Hartgraves
Staff writers

The month of November has been set aside as Military Family Appreciation Month by the Secretary of Defense to highlight the commitment and dedication exhibited by military families around the world.

According to last year's proclamation, Donald Rumsfeld described the role of family members as remarkable and selfless. "Those on active duty rely on the support of spouses, children, parents and other family members and we sincerely appreciate the significant sacrifices and contributions families make every day."

What type of family life we have at home can reflect the quality of work Sailors produce on the job. "Frequent moves and extended family separations make Navy life especially unique and challenging," said Rumsfeld.

The closeness of a family has been proven by recent studies to help family members cope with stress and problems. When an active duty member comes home after a day's work or the end of deployment, family is there to share in the excitement and the low points.

Family members can help with the load of everyday house chores so that when time is set aside they can spend time together as a family or the active duty spouses can relax and rest for the next day of work. "Time spent together as a sign of cooperation and reconciliation is time to affirm family values, faith and life experiences," said Tonya Sonnier FFSC Information and Referral Specialist. "It is also a time to heal and build upon the family."

Studies prove that families that have healthy relationships have higher levels of productivity and enhanced performance at work, according to Sonnier. Families can be a vital source of strength, confidence and compassion for servicemembers. That is why every year families are recognized for their commitment and dedication to the lives of their spouses and family.

Diabetes: A serious disease not to ignore

By AN Michelle Hartgraves
Staff writers

You read about them in the newspapers and hear about them in the news. They are everywhere: statistics. Researchers come up with startling statistics every day. Some may be frightening while others can shock you into reality.

However, statistics on diabetes are rarely heard. That is why the month of November is set aside as Diabetes Awareness Month.

"Diabetes is a disease that can become disabling or even life threatening if people don't take proper care of themselves," said Madeline McAndrew, assistant secretary of public health. "We are hoping to use this month as a way to increase awareness about the disease."

Now the sixth leading cause in death in America, diabetes affects 6.2 percent of the population or 17 million people; with 2.7 percent of those with diabetes unaware that they have the disease according to estimates from the Office of Public Health.

According to Axiom Medical Consulting, diabetes is on the rise. However, although diabetes is a chronic and incurable disease, with proper medical care, diet, hygiene and exercise, symptoms and complications can be successfully treated and managed.

There are three types of diabetes, Type One and Type Two.

Diabetes, page 8

Creatures, costumes candy



Costumed children strike a pose in their Halloween costumes at Autumn Fest held on Oct. 31 through Nov. 1.

Naval Air Station Sigonella recently celebrated the onset of Autumn and Halloween with a host of activities. All of NASSIG's ghost's, ghouls, goblins and creatures of the night came out to enjoy a fun-filled weekend. See page 10 for more on Autumn Fest.

Today's Hometown Weather

Flint, MI



High 43° F - Low 20° F
Partly cloudy

Why is my package at the Fleet Mail Center?

NASSIG has recently implemented a change in postal procedures that hopes to better serve the Sigonella community when it comes to postal issues.

By JO2(SW) Brian Johnson
Staff writers

Monday the new package pick up procedures went into effect, which has many people wondering why packages can only be picked up at the Fleet Mail Center now.

However the change is a good thing. "The change has been implemented mainly for force protection," said PCC(SW/AW) Bradley Morrison, Postal Division leading chief petty officer. "The change also allows us to give seven-day a week service to everyone stationed here."

The change also helps the postal clerks because "our main focus at the Fleet Mail Center is the ship's in the area and with this move we can give the

Postal, page 8

Customs provides shopping guidance for holidays

From U.S. European Command
Customs and Border Protection Agency

Mannheim, Germany - Some people have a way of buying the wrong holiday gifts. While this is often a matter of taste, many items available in Europe that seem like good presents violate customs rules. Some are banned from import to the USA and others may be carried in baggage but not mailed. Violations of customs, agriculture or postal regulations can lead to hefty fines and confiscation of the goods.

Meat and meat products are one big problem. "European delicacies like French pâté, German wurst, Spanish chorizo salami and Italian ham are here for the buying and much sought-after in the States," said William Manning, Department of Agriculture adviser to the U.S. European Command. "Unfortunately they can also carry the spores of Foot and Mouth Disease, a virulent livestock ailment eradicated in the United States," he added. These products, all canned meats and even soup mixes containing meat are therefore banned.

Customs, page 8



Direct Line

Capt. T.L. Davison
NASSIG
Commanding Officer

We have some really great Sailors here at NAS Sigonella. We are constantly working hard in our workspaces completing our mission the best way we can.

However, we also have some great Sailors who make really bad decisions. And we have an extremely small minority of Sailors that embarrass all of us and are not adhering to the Navy's core values.

We are guests in Sicily and actually, we are guests here on base. NAS Sigonella is located on an Italian Air Force Base. We are just a tenant command of the 41st Stormo under the command of COLONEL Giorgio Russo. He is the base commander of Base Sigonella.

As guests, we must adhere to the laws and regulations of this very supportive country. From driving the roads to Messina, to obeying the restrictions on cigarettes and alcohol, we must respect the Italian laws. That is why we have policies and procedures in place. Not only do these rules and regulations dictate what we have to do, they also provide us with information on what not to do.

You represent the United States, the U.S. Navy, this base and me when you are out in town. You are our ambassadors. In that respect, you have a responsibility not only to the Navy and the base but also to yourself. You are a priceless commodity to this base. We can't do our mission without everyone taking an active role in it.

For the most part, Sicilians enjoy us being here and being a part of their culture. We have a large part of our base population living off base in various communities and townships. Sicilian culture is very relaxing and can be enjoyed to the fullest. But only if we keep our heads together and think about what we are doing.

When you are out in town, be responsible. Think about where you are and where you are going. Crime exists everywhere. It doesn't matter if you are in Bowie, Md., or in downtown Catania...it does happen. We are about to be in the middle of the heaviest shopping season of the year for Christmas. There are youngsters who watch out for our cars when we shop and look for big packages being placed in the car. Last year, we have numerous vehicle break-ins just for the Christmas shopping. We give young thieves the opportunity.

We also have a lot of people leaving so-called "personal items" in their cars. Someone's car was broken into and reported having \$2,300 worth of stuff taken...that's hard to fathom. Last year, someone reported having 1,000 CDs taken from his car. How can someone listen to 1,000 CDs during a drive? Please use your head. If you know you are going to be in an area that you are not familiar with, then take most, if not all of your "personal items" out of your car.

Your actions speak louder than words. Common sense should prevail. Remember, you represent the base, the Navy and the United States...be a good ambassador!

The Pulse

Flu Season is here

Courtesy USNH Sigonella

- An annual flu shot is recommended for:
- People 50 years of age or older
 - People who have long-term health problems such as: heart disease, kidney disease, lung disease, asthma, and metabolic diseases like diabetes, anemia, and other blood disorders.
 - People with a weakened immune system
 - Children six months to 18 on long term aspirin treatment
 - Women who will be past the 3rd month of pregnancy during the flu season (November - March)
 - Healthcare workers, out-of-home caretakers, and people who travel
 - Infants six to 24 months old.
 - Caregivers of infants less than six months old
 - Anyone else who wants to reduce his or her chance of catching influenza.

Viruses that infect the nose, throat, and lungs cause the flu also known as influenza. The flu usually spreads through the air from person to person when a person coughs, sneezes, or talks. It can cause fever,



Capt. Denzel Garner, Naval Hospital Sigonella's Commanding Officer, steps up as he receives the first flu shot of the FY 2004 flu season.

sore throat, chills, cough, headache, and muscle aches.

Anyone can get the flu. Unlike the common cold, the flu causes severe illness and can be life threatening. Each year over 114,000 people are hospitalized and over 36,000 people in the U.S. die from complications of the flu. Influenza and its complications are the 6th leading cause of death among children four and under.

Influenza vaccine can prevent influenza. Inactivated (killed) influenza vaccine has been used in the U.S. for many years. Influenza viruses change often therefore; influenza vaccine is updated every year. Protection develops about two weeks after getting the shot and may last up to a year.

For any questions regarding the vaccine, call the Immunization Clinic at 624-4643 or contact your Primary Care Physician.

Active Duty members and high risk beneficiaries will receive their flu shots first and then others will follow after. Any questions or concerns regarding receiving the flu shot may be directed to the Naval Hospital's Immunizations and Preventive Medicine Department.

SECURITY BLOTTER

CRIME STOPPER'S HOTLINE
624-6389
Oct. 27 - Nov. 2

The following incidents were reported and categorized as follows:

- Traffic accidents without injuries - 7
- Traffic accident with injuries - 3
- Car break-ins - 1
- DUI - 1
- DUI's 2002 - 48
- DUI's 2002 - 35

Captain's Mast results

E-4 On Oct. 3, Violation of UCMJ Art. 111 (Drunk Driving). Awarded restriction to Naval Air Station Sigonella (NAS II) for 60 days (suspended for six months); forfeiture of \$764 per month for two months (one month suspended for six months); reduction to next inferior paygrade.

E-2 On Oct. 18, Violation of UCMJ Art. 111 (Drunk Driving). Awarded restriction to the limits of U.S. Naval Air Station Sigonella (NAS II) for 60 days; forfeiture of \$375 per month for two months; reduction to the next inferior pay grade.

E-4 On July 31, violation of UCMJ Art. 112a (Wrongful use of a controlled substance.) Awarded restriction to Naval Air Station Sigonella (NAS II) for 60 days; forfeiture of \$764 per month for two months (one month suspended for six months); reduction to next inferior pay grade.

E-6 Sept. 3, Violation of UCMJ Art. 92 (Disobeying a lawful order.) Awarded reduction to the next inferior paygrade (suspended for six months.)

NAS II phones cut over to the new BCO switch Nov. 13 and 20

From Base Communication Office

NAS II will soon have a new base telephone switch. General Dynamics, SPAWAR and the ITD department have been working hard for the last three months to ensure the planned cutover dates of the Nov. 13 and Nov. 20 are met without fail. What's a cutover? That's the operation that will take all the phone lines from the existing switch in the "Old" BCO and roll them to a completely new switch in Bldg. 465. After the

cutovers, all users will hear a slightly different phone dial tone, a U.S. standard tone. You will also hear a single U.S. standard tone when you dial 99 for an outside line (if your phone is set up for it).

Nov. 13 cutover: Approximately 1,000 numbers in the 7XXX range (624-7XXX) will be moved onto the new switch beginning at 6 p.m. Organizations affected will be the Air Terminal, Base Training, BEQ, BOQ, CBQ, and TSC.

Nov. 20 cutover: All phones in the 2XXX and 5XXX range will be moved onto the new switch beginning at 6 p.m. In addition, approximately 125 phones will be replaced in the following buildings: 585, 477, 114, 580, 550, 476, 490, 435, 537 and any others where the new switch is directly connected. ITD will coordinate with department representatives to ensure the new phones are installed and tested the evening of the 20th.

Please note: There will be no effect on cellular services.

It's About Time

By Chaplain
Richard Townes
Command Chaplain

I just returned from leave in the United States. While on the airplane, I had some time to think about a few things - A LOT OF TIME. One of the things that crossed my mind as I passed away the hours in seat 24G was how traveling from Europe to the US cost me a whole day. I left Sicily on a Monday and arrived in South Dakota 30 hours later. Aside from eating the box lunch and watching a really bad movie called "Legally Blonde II" (I told you it was bad), I didn't accomplish much at all. Idleness drives me absolutely crazy.

In Psalm 90 we read, "Teach us to number our days that we may get a heart of wisdom." This simply means that we desire to make the most of the time we're given here on earth. Instead of letting life pass us by we seek ways to fill our days with worthwhile events.

We've been stationed in a place that offers many activities to en-

rich our lives. We can travel the island, taking in a multitude of interesting sites ranging from honey farms to ancient Greek temples. We're only a weekend trip away from exciting locations such as Rome, the Leaning Tower of Pisa, or walking in the steps of St. Paul in Corinth. We can volunteer to help children, mentor a teenager, and (believe it or not) pet kittens. Another way to "number our days that we may get a heart of wisdom" is to sign up for college classes or click onto Navy Knowledge On-line.

But I really believe that the best way to "number our days" is to attend chapel frequently. Coming to church will help you to gain wisdom that literally lasts forever while leading you to a fuller understanding of the direction of your life. Try it and see if your days seem just a little more purposeful after being filled with the Word of God.

I won't promise you that attending chapel services will make you faster than a speeding bullet, more powerful than a locomotive, or even able to leap a tall building with a single bound, but it will help you to fill your days with a new joy and zeal for life.

See you in chapel.

NAS Sigonella Worship Opportunities

Catholic Mass
Saturday 5 p.m. Chapel (NAS II)
Sunday 9 a.m. Chapel (NAS I)
Sunday 9 a.m. in Italian 41st Stormo Chapel (NAS II)
Sunday 11 a.m. Community Center (Mineo)

Protestant Traditional Worship
Sunday 9 a.m. Chapel (NAS II)

Protestant Worship
Sunday 9 a.m. Community Center (Mineo)
Sunday 11 a.m. Chapel (NAS I)

Church of Jesus Christ of Latter Day Saints
Sunday 1 p.m. Chapel (NAS I)

Church of Christ
Sunday 3:30 p.m. Chapel (NAS I)

Jewish Shabbat Service
Last Friday of the month 5 p.m. Chapel (NAS I)

Weekdays
Daily Catholic Mass 11:30 a.m. (NAS I & II Chapels)
Wednesday Protestant Bible Study
4:45 p.m. (NAS II Chapel)
For more details, call 624-4295 or 624-2947.

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NAVY NEWS

13th MEU provides assistance in Southern Iraq

From Expeditionary Strike Group 1, Public Affairs

NORTH ARABIAN GULF (NNS) — Elements of the 13th Marine Expeditionary Unit (MEU) Special Operations Capable (SOC) completed humanitarian assistance, anti-smuggling and security and stabilization operations, Oct. 25, in southern Iraq as part of Operation Sweeney. The MEU SOC, a component of Expeditionary Strike Group (ESG) 1, delivered food, provided medical and dental capability and produced more than 3,000 gallons of water for citizens in the region.

The MEU contributed significantly to the coalition effort ashore by conducting more than 300 patrols in southern Iraq, 50 of which were riverine operations from the MEU's boat company. The MEU also trained local police in the setup and operation of security checkpoints, confiscated weapons and destroyed more than 2,000 rounds of ordnance, much of which was found in areas near villages and playgrounds.

ESG 1 arrived in the region in early October, and is among the most recent U.S. forces to join the coalition reconstruction effort in Iraq. While the MEU operated ashore throughout southern Iraq in support of the British-led Multinational Division Southeast, USS Peleliu (LHA 5), USS Ogden (LPD 5), USS Port Royal (CG 73) and USS Germantown (LSD 42) operated with the U.S. Coast Guard and coalition forces from Britain, Australia and Italy, in support of multinational Maritime Interception Operations.

"This was a total team effort," said Marine Corps Col. Mike Regner, commanding officer, 13th MEU SOC. "The Navy and Marine Corps team of the ESG got the opportunity to do what we've been trained to do, and it's made it even more rewarding because we could work directly with

the Iraqi people and get immediate satisfaction from the job we did," said Regner.

The operation also provided Marine Corps and Navy units the opportunity to contribute to the re-establishment of the Iraqi judiciary as the country goes about cracking down on smuggling and other illegal activities. The Coalition Provisional Authority issued a new confiscation order, Aug. 31, which allows Iraq's judicial system to investigate alleged smugglers and return the stolen goods to the people of Iraq.

ESG 1 units helped legitimize the order, both ashore and at sea. The MEU turned 50 people over to Iraqi police for prosecution in Iraqi courts for various criminal activities, and confiscated three vessels. At sea, coalition forces continued to assist in getting Iraqi judicial officials to sea to conduct hearings to adjudicate the cases. The most recent hearing was Oct. 18, aboard USS Fletcher (DD 992).

Coalition officials estimate that oil smuggling costs the Iraqi people approximately \$200,000 per day, along with the loss of one of its most marketable resources.

This is money that Navy officials believe could go to benefit the Iraqi people.

"A pillar of our mission is to provide combatant commanders the flexibility to conduct missions across the spectrum of conflict. Our mission here, ashore with the 13th MEU, as well as at sea with our maritime forces, has been a validation of our ability to provide that kind of flexibility. I couldn't be more proud of the contributions our Marines and Sailors made to Operation Sweeney," said Rear Adm. Bob Conway, Jr., commander, ESG 1.

ESG 1 continues to support multinational Maritime Interception Operations in support of Commander, U.S. 5th Fleet.

USS Columbus deploys to Western Pacific

By JOC(SW/AW) David Rush, Commander, Submarine Force Public Affairs

PEARL HARBOR, Hawaii (NNS) — The crew of USS Columbus (SSN 762) said aloha to their friends and families Oct. 28 as they departed their homeport of Pearl Harbor, and headed to the western Pacific (WESTPAC).

What makes this cruise different, is that the submarine has changed from a technological standpoint. In addition to the many repairs and upgrades following her return from deployment in August 2002, the old fire control (weapons) mainframe computers were removed and replaced with off-the-shelf technology.

According to Cmdr. Michael B. Ryan, Columbus' commanding officer, implementing, maintaining and upgrading the new system is one-twentieth the cost of the original equipment.

"We installed a transformational fire control system using current technology processors to run the computers in the attack centers. Now we can upgrade our system with compact discs," said Ryan.

As for his Sailors, Ryan said they are ready to get underway and do their job. "The crew has put in a lot of hard work to get ready for today. The crew came off one deployment, had a major maintenance period and have put in a lot of work for this deployment."

Ryan credits the crew's families for encouraging the Sailors to go out there and do their job. "The crew is ready to go and we are able to do that because of the family support that we have at home. It's going to be tough to leave the families for six-months, but I know we have their support and that's what's going to make it easier to go on WESTPAC."

Columbus is a Los Angeles-class submarine (688 improved), making it one of the most advanced undersea vessels in the world. While undersea warfare is her primary mission, the inherent characteristics of the submarine - stealth, endurance and agility - are used in roles and missions to meet the challenges of a changing global geopolitical climate.

Columbus' capabilities include deployment of special forces, mine laying, precision land attack, anti-submarine and anti-surface warfare.

The 360-foot, 6,900-ton submarine is equipped with sophisticated ADCAP and MARK 48 anti-submarine/ship torpedoes and Tomahawk cruise missiles. Columbus is the 51st 688 and the 12th improved version of this class, which includes a vertical launch system for Tomahawk cruise missiles and an improved hull design for under-ice operations.

MyPay website offers electronic W-2s

From Defense Finance and Accounting Public Affairs

ARLINGTON, Va. (NNS) — All current myPay military users and Defense Finance and Accounting Service (DFAS) civilian employees who request or already have a myPay Personal Identification Number (PIN) and access myPay will now automatically receive an electronic W-2.

The electronic method is now the primary means of delivery for all DFAS civilians and military users with a customized myPay PIN. Users may elect to receive a printed W-2 by mail by choosing the hard copy option through myPay before Dec. 1.

"This is an opportunity for our customers to better manage their pay information," said Dennis Eichler, director for Electronic Commerce, Military and Civilian Pay Services at DFAS. "We are providing myPay customers access to their tax and pay preferences online. We also know some individuals would rather have a hard copy statement, so we are giving them that choice."

The online version, complete with printing instructions, is 100 percent compatible for all tax purposes and allows users to print as many copies as they need without having to depend on saving a hard copy. A save button is also available to allow individuals to save their W-2s to disk.

To ensure customers who are affected receive either an electronic or hard copy W-2, there will be a "no change" period from Dec. 1 through Jan. 31. During this period, users will not be allowed to change their W-2 print election on myPay, but may request a paper W-2 by contacting their local financial services activity.

Regional Command Center activated in wake of fires

By JO3 Adrian Melendez, Navy Region Southwest Public Affairs

SAN DIEGO (NNS) — Rear Adm. Jose Betancourt, commander, Navy Region Southwest, activated the Regional Command Center (RCC) for the first time, Oct. 26, due to the massive effect the blazes in San Diego have had on military members and their families.

"The RCC is an emergency operations center for Navy Region Southwest activated in times of crises," said Capt. John Macintyre, assistant chief of staff for Public Safety. Key members of the admiral's staff are located in the center to quickly update the admiral on the situation and to help arrange berthing, medical and food for those who are in need.

Personnel from supply, air operations, safety, public affairs, administration and medical all man the RCC to quickly deal with any problems that comes up in their respected areas, said Macintyre.

The RCC is equipped with multiple televisions tuned to the local news, and computers on each desk to keep members of the RCC up to date on new developments in the emergency situation, said Macintyre.

The RCC also works with the civilian command centers in San Diego to get new information on the fire and evacuations, said Sam Whitteker, primary advisor in the RCC.

Macintyre also said they have the ability to hold video teleconferences, if needed.

"We have good conductivity between (the Navy) and city officials, which helps develop a comprehensive picture of the emergency, and therefore helps us deal with it effectively," said Betancourt.

The RCC decides where to put evacuated Sailors and their families based on information from base commanders of available space, said Whitteker.

"The effectiveness (of the RCC) has come from the co-operation of all members of the command center," said Macintyre.

Whitteker also said it would be impossible to get done everything that their doing now without the implementation of the RCC.



A UH-3H Sea King helicopter assigned to the "Golden Gaters" of Helicopter Combat Support Squadron Eighty Five (HC-85) drops a load of water during a practice run on a certification flight which will allow the aircraft to assist in mutual efforts against fighting wildfires raging throughout Southern Calif.

The RCC will be manned 24-hours-a-day, seven-days-a-week as long as there is an emergency, said Betancourt.

With the RCC manned, Sailors and their families can be reassured that the Navy is doing everything possible to make sure they are safe and taken care of in times of crisis.

Command Assessment Survey

Through Nov. 12

Let your voice be heard on EO issues including:
**Advancement
 Retention
 Awards
 Discipline
 Sexual Harrassment**

Find the CAT Survey on Infosig under What's New.

News Briefs

PT Group Offered in Mineo

You need to PT but do not have the motivation or anybody to PT with. You say you want to lose five pounds, but just can't seem to do it. Starting now you can PT at 5:30 a.m. in Mineo housing. We will meet at the south west corner tennis court. All military members and their dependants are invited to attend. We will start with stretches and calisthenics and end with a good run. We meet every Monday, Wednesday and Friday morning. Call Ben Johnson at 624-2251 or 624-0375.

Theater Prizes

MWR Theater, NMPS and AT&T are having a Military Family Appreciation Month Scratch for Snacks Promotion at the theater. From Nov. 1 to the 30 every movie patron will receive one scratch and win a game piece per visit from the theater box office. When the coupon is scratched, it will reveal a concession prize. One in three win. Losing tickets can be entered in the 2nd Chance Drawing that will be held after the last movie on Nov. 30. All eligible patrons can enter to win one of the following:
 (1) Playstation 2 with one game and two DVD movies.
 (2) DVD Player with two DVD movies.
 (3) DVD movie sets.
 (4) Free movie coupons
 For information call 624-4216.

NCTS Recognizes Outstanding Sailor

During a recent visit to NCTSI Detachment Four, Capt Scot Miller, Commanding Officer, NCTSI Head Quarters, San Diego took the opportunity to present YN1 Kimberley Ferguson with the Senior Sailor of the Quarter award. Ferguson, a native of Brooklyn, N.Y., has been with Detachment Four for one year and is the command's leading petty officer and senior administrative assistant.

Exams Coming Soon

CLEP/DANTES/Excelior exam dates are Nov. 18, 25, Dec. 9 and 16. The ACT exam will take place Dec. 18 and the SAT exam will be on Dec. 19. Space is limited so sign up today at Navy College Office. Check out this websites for other distance education degree options.

Signonella Military Lodge #160

2003
BLACK & WHITE BALL

Date: November 22, 2003
 Time: 7:00 p.m. - 2:00 a.m.
 Place: Italian Officer Club Nas II
 Formal Attire
 \$25.00 Per Person

For More Information Contact:
 Timothy Morris
 624-8625 or 5483298719



By Alberto Lunetta
Signature Staff

Italian News

Sicilian culture and lifestyle

Olive oil festival to be held in Mineo

This year, the city of Mineo will once again host the *Sagra dell'Olio d'Oliva* (Olive oil Festival) on Nov. 29 and 30. Mineo is best known for its Tonda Iblea olive variety from which an exquisite certified olive oil is extracted. *Tonda Iblea* olives have been cultivated in the Iblei Mountains area for over 6,000 years. As reported in ancient commercial agreements, oil trade flourished in the towns of Bucchieri, Mineo and Chiaramonte Gulfi. Oil was so important that it has even been used as a form of currency in buying and selling livestock and other necessary goods.

The festival will kick off at 9 a.m. on Nov. 29 in viale delle Rimembranze (near the main square) and will feature numerous stalls offering local produce, handicrafts and clothing, folklore shows, and live entertainment. Oil will be available for purchase. Festival goers can enjoy the taste of newly crushed oils through olive oil tasting.

The Festival will also include live entertainment (folklore shows, music), stalls selling gourmet food and other olive-related activities.

Traditional Sicilian delicacies will be especially prepared for the festival. They include a variety of both delicious pastries such as *sfinzi*, *capiddi d'angulu* (deep-fried pastries), *gnoccoli co' meli* (biscuits with honey and cinnamon) *cassateddi fritti ca' ricotta* (deep fried cakes made of a sweet dough filled with dried ricotta cheese and honey) and savory dishes such as *uccia* (boiled grain and chickpeas dressed with olive oil) *mpanati* (double crusted Pizzas stuffed with spinach, cauliflower or potatoes and cheese) *insalata d'aranci* (orange salad dressed with garlic, olive oil and chili pepper), pasta co' maccu (pasta with broad beans), *chiappiddi* (sun dried tomatoes) *ciurietti a cuosti* (boiled cauliflowers fried with flour) *bruschette* (grilled bread with chopped tomatoes and garlic) and lots of *aulivi* (olives).

Before you leave the festival, make sure you visit this picturesque town. I'd suggest you start your tour through

the medieval *vaneddi* (narrow streets) of Mineo by visiting the magnificent Church of San Pietro, a baroque masterpiece featuring beautiful paintings, a magnificent organ dating back to 1772 and a precious walnut choir.

From the church, reach the ruins of the ancient Castello di Ducezio and enjoy a great view of the surrounding hills. The ruins include part of the exterior defensive walls and the main tower. This magnificent castle is named after Ducezio (495-440 BC) an ancient Sicilian commander who founded several cities in Sicily.

Don't forget to check the *Chiesa di Santa Agrippina*, the town's cathedral, that is named after the patron of Mineo. This church, which was originally an oratory (a private chapel) in 263 AD and later a mosque in the 14th century, was rebuilt in the 17th century since its structure was damaged by an earthquake in 1693. Inside, the Chiesa features a polychrome wooden statue depicting the patron of Mineo that was made in 1518 by Vincenzo Archifel. Precious stuccoes and a unique 16th century wooden nativity scene also enrich the church.

Returning to the main square, there is another must see stop: the *Chiesa del Collegio*, a church that is part of the City Hall's architectural complex. It has an impressive and majestic reliquary featuring thousands of bones belonging to local saints.

The City Hall also houses a small museum dedicated to Capuana where you can also see on display one of the first cameras dating to the beginning of last century. It features the novelist's study and is open daily from 8 a.m. to 2 p.m. Mondays and Wednesdays also open in the afternoon from 3:30 to 6:30 p.m. Admission is free.

On Fridays, plan to visit Mineo's outdoor market which is four times bigger than the one held at Mineo Housing. It is set up in a square located in largo *Porta di Adinolfo* (Adinolfo Gate) at the entrance of the town and has almost everything ranging from food (fruit, vegetables, meat, poultry, pastries) clothing, shoes, trinkets, handicrafts, toys and more. It runs from 8 a.m. through 1 p.m.

For more information and detailed schedule please contact Pino Mangiaratti, the Trade Office's Director for the City of Mineo, at 0933-989034.

Concerts in Catania

Israeli pop superstar, Noa will perform in Catania on Nov. 9 at 9 p.m. the *Ciminiere* Convention Center (located near the Catania train station). Admission is free. Noa was born in 1969 in Israel from Yemenite roots. She moved to America as a baby and grew up in New York but then moved back to Israel where she spent her mandatory military service singing for the troops with her pure and powerful voice and afterwards realized that this was what she wanted to do for a living. Career highlights include singing "Ave Maria" at the Vatican in front of 100,000 people including Pope John Paul II and Mother Teresa, performing at a sold-out show in Carnegie Hall, opening concerts for Sting and singing at a major peace rally in Tel Aviv. Noa is accompanied by percussion and by guitar teaming up with Gil Dor, a renowned Israeli guitarist and composer. Noa also composed the theme song from Italian director/actor Roberto Benigni's Oscar-winning film "Life is Beautiful". She sings in English and Hebrew blending western music with traditional eastern melodies.



Irby Sherman, an excellent alto saxophonist from Alabama who mixes blues with southern soul, and his quartet will be performing in Sicily from Nov. 11 through 14

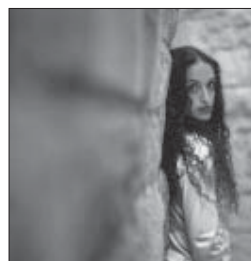
Irby Sherman and his quartet will perform in Catania on Nov. 13 at 9:30 p.m. at the *Sala de Curtis* Theatre, located in via Duca degli Abruzzi n. 6/a.

Sherman's concerts will also take place in Messina on Nov. 11 and 12 and in Siracusa on Nov. 14.

Along with Irby on alto-saxophone, Oscar Zenari on piano, Marco Marzola on bass, and Paolo Mappa on drums.

Sherman was born in 1968, Tuscaloosa, Ala., remarkably gifted alto saxophonist, Irby draws much of his musical inspiration, as player and composer, from his black roots. He played the viola, piano and guitar before he decided to stick to the saxophone when he was a teenager. In the mid-90s, he attracted notice playing in the Lincoln Center Jazz Orchestra and began working with Wynton Marsalis and Marcus Roberts. From then until the end of the decade he became a regular member of Roy Hargrove's band.

For more information and tickets call *The Brass Group* at 095-7465174 or 347-6372592 or Ticket Box Office at 095-72225340.



Picture courtesy of Brass Group

Noa will perform in Catania on Nov. 9 at 9 p.m. at the *Ciminiere* Convention Center (located near the Catania train station). Noa sings in English and Hebrew blending western music with traditional eastern melodies.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMMUNITY CALENDAR					7 <i>November</i>	8 3-on-3 Hoops Tourney 10 a.m. to 4 p.m. NAS II Gym Call 624-2710
9 Lipari Express ITT Call 624-4396	10 PTO Meeting 2:30 p.m. room B25	11 Veterans Day	12 Japanese and Sushi Dine-out have \$10 Euro paid for Liberty Call 624-5187	13 PWOC Meeting 11:30 a.m. Community Bldg room 202	14 Catania History ITT Call 624-4396	15 5K Off-road Turkey Trot Capt. Cup event. Call 624-2710
16 Cefalu and Castebuono Agrituristic Farm ITT Call 624-4396	17	18 Beary Special Sibs 3 to 4:30 p.m. Pediatrics Waiting Area Call 624-4291	19 Rainbow Playgroup 10 to 11 a.m. 205 Housing	20 Military Family Appreciation Booth 10 a.m. to 2 p.m. NAS I Commissary Call 624-4291	21 Catania by Night Liberty Call 624-5187	22 Operations Seasons Greetings holiday music variety show NEX parking lot
23	24 Frozen Turkey Bowling 12:30 a.m. Toss some turkeys for prizes Take 5	25 Thanksgiving Dinner 6 to 8 p.m. all parents welcome BLAST	26 Pre-Teens Turkey Toss prizes for top three tosses Youth Activities Center	27 Happy Thanksgiving	28 Thanksgiving Swim It Off prizes for most laps in one hour register at NAS II Pool	29 Decoration Day Breakfast help decorate for the holiday and bring some holiday cheer free breakfast for all decorators. Take 5
30 Agrigento Valley of the Temples & S. Leone Beach ITT Call 624-4396	1 <i>December</i> Intermural Basketball Pre-Season Starts Call 624-2710	2 PTO Elementary School Book Fair 8 a.m. to 3:30 p.m. School Library	3 PTO Elementary School Book Fair 8 a.m. to 3:30 p.m. School Library	4 PTO Elementary School Book Fair 8 a.m. to 3:30 p.m. School Library	5 PTO Elementary School Book Fair 8 a.m. to 3:30 p.m. School Library	6 Chapel Christmas Play & Contatta



Word Find

Popular Boy Names

R N K K C L R D M L O N U V V T L J N H S S P H T
O E A Z Y H S I U L E P A B T U R O I A U S T I N
B N D L P X A W P G U I W T J Y D S T I Q W D J N
E A Q N Y I O J B G G N N E H N G H S A Z O A I P
R I J F A D T U I N A Z J A A L U U S F U V E I
T T Y A Y X M A I L L I W R D E N A J I T E I Z H
A S B H S T E J M R E M B Q U B T M T H K M D N P
A I L E Q O O L O U E Z G M R E H P O T S I R H C
R R F G N S N N A T W C A S S I Q M L U X C P O G
O H I J E J N F Y X N S J R P C A T U K K H V J U
N C A P A O A L F O A I L F W S S V O L G A H A V
E N H O C V E M O R G S S D O D I V J B J E V W P
B G R G B R O U I T O H C W E R D N A B X L H T A
G P C U Z S C U Z N L Z R C H I W Y C U J H Y E Z
J E M E O G L Z I R B T P Q I P Z Y K L O Y M I R
Y J Z C W C G D L T T P M O N U J U R S D G L T B
Q I E F A Q U V Y T D D I E Q Q B Y A J X G C E X
L Y K O U G U E C E V A Y Y L M L N A S M I N G
K R L X A R H P M T X T J L D C O E C O A M Z C O
B A N Z C A L E B F P J K O E H A A T T H L V K J
L H J A C O B X G W N O A H C N E M T H E T G W H
L C G A B R I E L E X A A I G J A H E S A V N W O
Q A U J O N A T H O N Y N E Y Z E Y O R J N P A A
U Z Y A H R E T N U H K L D W A J R V O I Z O V
S E M A J Y T X C H I P X G J U T Z X L I N S K C

AARON	CHRISTIAN	ISAIAH	JOSHUA	NICHOLAS
ALEXANDER	CHRISTOPHER	ISSAC	JUSTIN	NOAH
ANDREW	CONNOR	JACK	JYLE	ROBERT
ANGEL	DANIEL	JACOB	KEVIN	RYAN
ANTHONY	DAVID	JAMES	LOGAN	SAMUEL
AUSTIN	DYLAN	JASON	LUIS	THOMAS
BENJAMIN	ELIJAH	JOHN	LUJE	TYLER
BRANDON	ETHAN	JONATHAN	MATTHEW	WILLIAM
CALEB	GABRIEL	JOSE	MICHAEL	ZACHARY
CAMERON	HUNTER	JOSEPH	NATHAN	

TRIVIA

- 1) What does Private Pyle call his rifle in the movie "Full Metal Jacket?"
- 2) What favorite treat of former President Ronald Reagan's filled jars all over the White House?
- 3) What airline slogan says "We love to fly and it shows?"
- 4) How far away is the Moon from the Earth?
- 5) Over 58,000 (including all the sub-types) of this tank were built during WW II, more than any other.

(Answers on page 11)

Movie Connection

AMT's Theater Schedule

Friday, Nov. 7



5:30 p.m.
Matchstick Men (PG-13)



8:30 p.m.
Cabin Fever (R)**

Monday, Nov. 10



5:30 p.m.
Uptown Girls (PG-13)*



8 p.m.
Mystic River (R)

Saturday, Nov. 8



1 p.m.
Uptown Girls (PG-13)



3:30 p.m.
Intolerable Cruelty (PG-13)



6 p.m.
Open Range (R)

Theater Closed Tuesdays

Wednesday, Nov. 12



5:30 p.m.
Jeepers Creepers 2 (R)



8 p.m.
Open Range (R)*

Thursday, Nov. 13



5:30 p.m.
Out of Time (PG-13)



8 p.m.
Cabin Fever (R)

Sunday, Nov. 9



1 p.m.
My Boss's Daughter (PG-13)



3:30 p.m.
Dickie Roberts: Former Child Star (PG-13)



6 p.m.
Cabin Fever (R)

Friday, Nov. 14



5:30 p.m.
Once Upon a Time in Mexico (R)**



8 p.m.
Runaway Jury (PG-13)**

Shout

DoDDs students talk about what's happening in the community

Sure Start Applications

Stephen Decatur Elementary School is accepting applications from activity duty personnel in grades E-1 to E-4 for the Sure Start Program. Applications can be picked up from the school registrar, the Child Development Center or the Fleet and Family Support Center. Considerations for enrollment include the following: child was 4-years old on or before Oct. 31, 2003; child in a family with sponsor in grades E-1 to E-4; child is of low birth weight – under 5 pounds, 5 ounces; child has a parent whose primary language is not English; child has a parent who was a teenager when child was born; child is in a family headed by a single parent; child has three or more siblings close in range; child has an older sibling with a severe disability; child has a parent on remote assignment for three or more months; child has dual active duty parents; child has a parent who has not graduated from high school. Priority placement is given to four-year olds whose sponsor is in grades E-4 and below. Consideration for E-5's to E-9's will be on a space available and case-by-case basis. For more information, please contact the Sure Start Program at 624-4980/4981.

Help raise money for the school libraries

Do you have a favorite restaurant or places to shop for antiques, jewelry, groceries, ceramics, fabric, framing, etc? Please share them with the whole Sigonella Community.

The Stephen Decatur School's PTSA and PTO are sponsoring a fundraiser to raise money to purchase books for the school libraries by generating a directory of our favorite places. Its success will depend on all of us sharing information about the area and our favorite places.

Please share your favorite places with the community by emailing the name, phone number, address and type of business, as well as comments to booksforsds@hotmail.com. If you have any questions, you can also e-mail them to the same address. Thanks for your support.

Parent-Teacher Conference Days at the Elementary School

Parent-teacher conference days will be held Nov. 13 and 14 at Stephen Decatur Elementary School (Middle School Nov. 13 and 14 with Secondary School Nov. 14). Students will not be attending on these days to allow our teachers to conference with every parent. Progress reports will be given and reviewed at this time. There are key elements in successful conferencing. The National School Public Relations Association offers the following tips for parents.

- Before the conference
 - Decide on specific question to ask the teacher.
 - Prepare to answer questions that might be asked by the teacher about your child's hobbies, interests, special health problems, and provisions for study at home.
 - Express interest in the conference with your child.
 - Ask your child if her or she has questions or anything that needs to be shared.

Note an especially good experience or problem area your child has had in school to relate to the teacher.

- After the conference
 - Note the important points of the conference.
 - Share the results of the conference with your child.
 - Together with your child, design a definite action plan that will promote improved academic growth.
 - Feel free to arrange additional conferences.

Parent-teacher conferences allow for a wonderful opportunity to understand school activities. This can lead to discussions between parents and students that help students to do their best at school. As the principal of Stephen Decatur Elementary, I highly encourage you to make conference time a priority. We look forward to seeing all of our parents during these days.

Sat. Nov. 8

Join Photo Safari for an excursion to Donnafugata Castle and Ragusa Ibla. Surrounded by an expanse of natural beauty, the elegant Donnafugata Castle shows off its Venetian gothic exterior. Your guide will explain the fascinating history of this impressive 122-room structure while pointing out the most picture-worthy features. You'll also have ample time to explore Ragusa Ibla. For more information on Photo Safari call x3718.

Sun. Nov. 9

Visit the Villagrande Estate of the Nicolosi Barons, where DOC wine is still produced in factories dating back centuries. We'll relax with a light lunch at the winery and possibly stop in Zafferana. Call ITT at x4396/x4777 for more information.

Mon. Nov. 10

Hip hip, hooray! It's National Vanilla Cupcake Day. Come in for lunch and we'll supply the dessert. Free cupcakes all day while supplies last at Take 5.

Grab your doobers, it's bingo time at the Crater Pub. Cards go on sale at 5:30 p.m. Games begin at 6:30 p.m.

Tues. Nov. 11

Sample the goods at the Acate Winery, where you may purchase the famous vino. Afterwards, head to Carrubo Agrituristic Farm for lunch. Call ITT at x4396/x4777 for more information.

Join ITT on an adventure to Mt. Etna in the latest generation of off-road vehicles. Visit the new lava flows, lava caves, the Bove valley, Alcantara Gorge and more. Trip goes rain or shine. Moderate to strenuous hiking involved. No children under six years old. Call ITT at x4396/x4777 for more information.

JOX Sports Bar tailgate party with JOX blox game. Call x5604 for info on Jox Blox.

Wed. Nov. 12

Try something different. Eat some sushi with Liberty. They will pay for up to 10 Euro of your bill so bring enough Euro for the rest. Sign up and pay by Nov. 12 at Take 5. Call x5187 for more information.

Thurs. Nov. 13

Check out JOX Sports Bar's Hungry Man's Buffet at 7 p.m. No cash? No problem. Stroll into JOX for a free buffet.

** Future Re-release ** Sneak Preview *Last Showing

(All times and movies are subject to change. For more information on the schedule, call the movie hotline at x4248)

Diabetes from page 1

Two being the major types, and Gestational diabetes occurring only in pregnancies.

Type One diabetes is also known as juvenile-onset diabetes or insulin-dependent diabetes. It is a disease that results from the body's failure to produce insulin, which is necessary for the body to be able to use glucose. This is a result of an autoimmune process in which the body's immune system attacks and destroys the insulin-producing cells of the pancreas. Glucose that does not enter the cells, builds up in the blood and causes the body's cells starve to death. People

with Type One diabetes must take daily insulin shots and monitor their blood sugar levels.

Type Two is the most common type of diabetes accounting for up to 90 to 95 percent of diabetes. It is a result of the body's resistance to insulin. Without insulin the body can't move blood sugar into the cells. Type Two diabetes is also called non-insulin dependent diabetes or adult-onset diabetes. Those who are obese and live sedentary lifestyles have a greater risk of getting Type Two diabetes. "There is a growing trend of the younger generation getting Type Two diabetes due to obesity," said Lt Angela Campbell, NAVHOSP Public Affairs Officer. "It is no longer just occurring in adults."

Both types can be controlled by proper diet and exercise. Type Two is usually controlled without medication, however those with a higher glucose level can take pills or insulin shots when needed.

Gestational diabetes occurs in about three to four percent of pregnant women and occurs only during the duration of the pregnancy. Those with Gestational diabetes during pregnancy can have increased risks of complications during labor.

If not taken care of, diabetics can die of kidney failure or from the flu or pneumonia, can become blind, have a stroke or have their foot or leg amputated. "It is important that diabetics take their condition seriously if they want to live a longer life and see their children and grandchildren grow up," Campbell said.

Studies by the American Diabetes Association show that diabetes is generally under-reported on death certificates. Be on the look out for warning signs of diabetes. They can include losing weight without trying, frequently urinating, tingling or loss of feeling in the feet and legs, extreme hunger or thirst without cause, vision problems, ringing in the ears, fatigue or, in extreme cases, coma.

Those with a family history of diabetes, who are overweight, do not exercise regularly and eat right, certain racial and ethnic groups and people with impaired glucose tolerance are at risk for diabetes.

Postal from page 1

same focus to Sigonella," said PC2(SW) Shanon Victor, day section leader. "this allows us to save on manpower and time by only moving and sorting packages once, unlike before where a package going to the NAS I or NAS II post office was moved twice and sorted twice, which takes a lot more time and man power."

To facilitate the change the flight line fence has been reconfigured explained Morrison, "so no flight line badge is required to pick up packages. This change also gives people more time to pick up packages since our new hours are 9 a.m. to 7 p.m. every day."

If you are expecting packages for the holidays or

sending some back to the America the dates to have everything in the mail in time for the special day are as follows: Nov. 20 SAM parcels; Dec. 4 PAL parcels; Dec. 11 Priority and First Class parcels; Dec. 18 Express mail. "These dates are for both sending and receiving," said Morrison. "Although sending from Sigonella takes more time than receiving, it's a good idea to use these dates both ways to ensure your holiday packages get here on time." See *Customs shopping guide for the holidays* for tips on what you can send in your holiday packages home.

To pick up packages at the Fleet Mail Center you need to bring your I.D. card and the yellow slip to the new package pick up window.

Customs from page 1

Fresh fruits and vegetables are also prohibited because they could harbor pests like the Mediterranean fruit fly. The threat to U.S. agriculture is so great that Customs and Border Protection (CBP) fine people who mail or take banned foods to the States at least \$100 and up to \$250 as a deterrent. Criminal action for deliberate cases of smuggling can end in a \$5,000 fine and a year in jail.

Wildlife products also present problems. Buying ivory as a gift is a bad idea, say customs officials. "Only ivory pieces previously registered with CBP may be imported," said Michael Burkert, director of the European Command's Customs and Border Protection Agency. Whale teeth carvings known as netsuke or scrimshaw are also prohibited from import. When buying furs, shoppers should insist on a certificate of origin stating the animal's scientific name to avoid buying prohibited endangered species products. The movement of caviar is also restricted and travelers are allowed to have only 250 grams of these endangered sturgeon eggs with them when they cross international boundaries.

Another purchase to avoid is the oriental water pipe. Known as hookahs, chillums or bongs, these pipes may look cute on a mantelpiece but the CBP sees them as drug paraphernalia so they are not al-

lowed to be imported. Cuban rum and cigars are also often available overseas but prohibited from import stateside by economic sanctions.

Europe boasts many fine wines and spirits. The Europeans even produce liquor-filled candies that make original Christmas gifts. Unfortunately the U.S. Postal Service bans all liquor from being mailed, even if it is inside a piece of candy. However, customs allows travelers over 21 years old to import one liter of duty-free liquor. If you plan on taking more than one liter of beer or wine stateside as gifts, the federal taxes and duties are currently low enough to make it worthwhile. However, state laws must also be met which can add to the cost. Taxes on distilled spirits like Scotch whiskey are generally considered high.

Counterfeits of well-known trademarked items are also banned from the mail. Many producers of designer items from shoes and clothing to perfumes, watches or jewelry have registered their trademarks with customs who inspect mail for faked products.

Military customs offices can offer more advice on these and other holiday shipping questions. They have many informative pamphlets from CBP and the Department of Agriculture to ensure the gifts you buy for the holidays don't present problems stateside. You can also find information on the Internet at www.customs.gov/xp/cgov/travel/.

SPORTS

Nationally ranked wrestler in VP-45

By LTJG Rick Foster

MS3 William Lasalle of VP-45 has only been wrestling for few years. Having been deployed with Patrol Squadron 45 since August, he has been limited to training in preparation for his return to the States and wrestling tournaments at home. Even so, he is the third ranked wrestler in the country at 163 pounds, and is eager to return to the wrestling mat and continue to represent the Navy with pride and victory.

A former three time state champion in Florida, Lasalle won the prestigious state title from 1998-2000 in the 152, 160 and 171 pound weight classes respectively while attending Ridgeview High School in Miami. He is also a two time freestyle national champion, with tournament victories in 1999 and 2000.

Lasalle has fared well in almost every tournament he has taken part in this year. In February, he came within two points of winning the Louisiana Invitational Wrestling Tournament in New Orleans. As an unseeded participant, he narrowly lost to the top seed in the finals, 8-6. In the California state championships he took gold medals in both freestyle and Greco-Roman competition, and at the Amateur Athletic Union grand nationals he won a pair of bronze medals. In the U.S. nationals he was a single match away from placing in the top eight.

Although Lasalle has been unable to wrestle since leaving for deployment, he continues his training and prepares for his return to competition. With his sights next set on the 2004 Olympic nationals, Lasalle says he "plans on representing the Navy in wrestling for quite a while." With his constant training and dedication, Lasalle has already won the gold in VP-45.



MS3 William Lasalle in action on the mat.

Navy 35, Tulane 17

From Navysports.com

Annapolis, MD (Sports Network) - Navy quarterback Craig Candeto did his damage on the ground as he rushed for three touchdowns to lead the Navy Midshipmen over the Tulane Green Wave, 35-17, at Navy-Marine Corps Memorial Stadium.

Candeto carried the ball 18 times for 140 yards in the contest and completed

2-of-7 pass attempts for 57 yards with an interception. Kyle Eckel added

another 120 yards on 26 carries for the Midshipmen (6-3).

The Green Wave (3-6) was led by J.P. Losman, who completed 25-of-38 pass attempts for 198 yards with a touchdown and two interceptions.

Mewelde Moore led the Tulane ground attack with 19 carries for 115 yards.

The Navy defense held the Green Wave scoreless in the first quarter, while the offense reached the end zone twice for the early lead. Candeto scored on a one-yard run and also ran 28 yards for a touchdown to give Navy a 14-0 edge midway after the first quarter.

Early in the second quarter, Losman answered for Tulane when he hit Tristan Smith on a six-yard touchdown pass to cut the Navy lead to 14-7.

Trey Hines closed out the scoring in the first half when he scored on a four-

yard touchdown run to push the Midshipmen's lead to 21-7 late in the second quarter.



photo by Phil Dammal/Meritz

Tulane wide receiver Carl Davis stretches for a tipped pass as Navy safety rolls out of the play during Navy's 35-17 victory over Tulane. The Midshipmen, ranked first in the nation in rushing offense, gained 357 yards on the ground. Navy (6-3) beat Tulane for the first time since 1999.

Barrett Pepper cut the Navy lead to 21-10 when he split the uprights on a 41-yard field goal attempt as time expired in the first half.

The Midshipmen scored 14 unanswered points in the third quarter to extend their lead to 35-10. Frank Divis found the end zone on an eight-yard run and Candeto scored on an eight-yard run as well with 4:31 left in the

third.

Nick Cannon threw a meaningless six-yard touchdown pass to Bubba Terranova as time ran out in the contest to bring the score to its final of 35-17 in favor of Navy.

Navy earned its first win in its last four tries against the Green Wave, while

Tulane extended its current losing streak to five games.

The Lane

Thanksgiving Swim It Off

Friday Nov. 28, at the NAS II pool you can swim off your huge turkey dinner. prizes given for most laps in one hour. Call 624-4334 or 624-5335.

Sigonella Circuit Training Club

Become a member of Sig's newest weight training club. Get in shape the right way. Club runs until Nov. 21 so you still have time to get started. Participate at either of the Sigonella fitness centers. Call 624-2710 for more information.

Intramural Basketball Pre-season

Start getting your game on, on the court before the season starts. Pre-season begins Dec. 1. Both men's and women's leagues. regular season begins Jan. 6.

5K Off Road Turkey Trot

Saturday Nov. 15, at 8:30 a.m. at the NAS I Fitness Center. Registration begins at 7:30 a.m. This will be a cross-country race run through an orange grove. Entry fee is \$10 prior to race or \$15 on the day of the race. T-shirts awards and free pancakes after the race.

The Ghouls, the ghosts, the goblins....and Autumn Fest Halloween fun at Sigonella

Story and photos by JO3 Steve Weaver
Staff writers

If you couldn't tell last weekend, it was Halloween here at Naval Air Station Sigonella. Complete with all the celebrations, costumes and of course—candy.

Halloween started off early for members of the Public Works Department who came to muster for their usual physical training in their Halloween best. Cheerleaders, monsters, and all sorts of interesting costumes were donned by the Seabees who took to the streets, scaring the daylights out of helpless bystanders and morning commuters alike.

Children from the Child Development Center (CDC) also took part in some early Halloween fun. The five year olds participated in a "Fall Festival Parade" originating from the doors of the CDC marching right into the commissary. The children sang "Bah Bah Black Sheep" and shouted "Happy Halloween" the whole way. For their efforts, the commissary provided the kids with donuts, cookies, candy and juice.

It was then time for MWR's "Autumn Fest" to begin with an array of events and activities for young and old creatures of the night. The festivities included a Public Works Department (PWD) Haunted House made especially for the kids, all manner of foods and delicious treats, and activities for those willing to participate. "Public Works did an excellent job as usual on the Haunted House," said Lana Morano, MWR community activities coordinator.

"Trunk or Treat" was also an activity that was enjoyed by youngsters, who dressed up in their various costumes. The kids went from trunk, to hatchback, to trunk garnering the ghoulishly good candy. "Youth Activities did a great job," said Morano. "There was a great

turnout. We want to thank the commands and organizations who brought out their vehicles to participate." The Tactical Support Center (TSC) had a coffin for the trunk or treaters to peer into and PWD gave the kids a scare in their haunted van.

There were 18 different booths side up by various commands. Explosive Ordnance Disposal Mobile Unit Eight (EODMU 8) sold hamburgers hot off the grill, the First Class Association broke out the candy apples, and the Public Works department tested Sigonella's dead eyes with their shooting gallery.

"It went really well," said Morano. "About 1,500 people came out on Friday, and around 500 on Saturday. We would have had a better turnout on Saturday if it hadn't rained."

This was the first time in a while that an event such as Autumn Fest was held in the area near the Security department on NAS I. "It is where these events will be held from now on," said Morano. "It gave the festival a community fare with the grass, bleachers and different booths."

Although not many people came out due to the rain on Saturday, those that didn't have their Halloween spirits dampened saw a static display by EODMU 8 complete with rocket launchers, boats, and explosive experts in bomb suits. The motorcycle club "Rubber Side Down" also did a display.

Bands such as "Second Chances," which was made up of members of the hospital, rocked the festival. "There was also a really good blues band on Saturday called 'Blue and Blues,'" said Morano. "They opened for B.B. King and you can tell [by their performance.]"

Halloween and Autumn Fest at NASSIG went well this year. "The community are the ones that makes it happen," said Morano. "It worked out well, especially in the new venue."



Jovanna Kenney in her "fat cheeks" Halloween costume and Carlos Capellan in his "Hulk" costume pose during the MWR Autumn Fest on Oct 31. Members of various commands and organizations in the Sigonella community participated in "Trunk or Treat" where kids could obtain treats from the back of various vehicles.



Members of Naval Air Station (NAS) Sigonella's Public Works Department (PWD) go for a morning run in their Halloween costumes through the streets of NAS Sigonella.



(Far left) SH3 (SW) Shelly Kennington gives Sofia the dog, who dressed in a ballerina costume, a treat for Halloween. Sofia is currently up for adoption at Sigonella's Stray Animal Facility.

(Top) Members of the Filipino American (Fil-Am) Association cook up some pork on the grill during Autumn Fest held at NAS I on Oct. 31 through Nov. 1. Various commands and organizations prepared food such as turkey burgers, candy apples and all the favorite fall foods.



(Bottom) Members of Naval Air Station (NAS) Sigonella's Public Works Department (PWD) stand at attention in their Halloween best to muster for physical training in the PWD equipment yard. The Seabees then went for a PT run through the streets of NAS Sigonella in their costumes.

Trivia Answers

- 1) Charlene
- 2) Jelly Beans
- 3) Delta
- 4) 238,000 miles
- 5) M4 Sherman



Story and photos by JO3 Steve Weaver
Staff writers

The performers of the Air Force entertainment group Tops in Blue treated Naval Air Station Sigonella to an evening of dancing and music on Oct. 29 in the NEX parking lot.

The performers have traveled to places such as Kosovo, Bosnia, Uzbekistan, and Afghanistan on their current tour. They also played three shows in Iraq in three different locations before coming to Sigonella.

Although the rainy weather started to show its head during the beginning of the show, the airmen were unphased. They belted out dance routine and song one right after the other. They sang country, swing, and pop songs such as "My Girl" and "Stop in the Name of Love" and songs by Stevie Wonder and Boyz II Men. One of the Airmen even belted out some Kenny G on the alto sax.

"This year is a special show because this is the 50th anniversary of Tops in Blue," said Senior Airman Jamie Coffey, a member of the Air Force Security Forces Elite Guard when not touring with Tops in Blue. "What Tom Edwards (producer and director) decided to put together was a compilation of all the Tops in Blue shows throughout the years. We start it in the 40s and we work all the way up to the 90s. So we've got anything from swing dance, a Motown set and we finish with our finale, which is all the patriotic songs. That's my favorite part because we get to show our patriotism for what we do."

"It's a little bit of everything," said Senior Airman John Wyman. "They're very good about putting together enough that it appeals to every kind of audience...from kids to adults. You got country, latin, swing, rock and pop stuff. You name it we've got it."

Playing in areas such as Iraq and Afghanistan for the troops was a special moment for the Tops in

Blue group. "I would say I speak for at least half the team when I say this was the highlight of the tour," said Coffey. "You feel the warmth because the audiences are smaller, obviously because it's specifically for the troops. We lived right amongst them in the tents. The best part is we would have all these volunteers after to tear down. They welcomed us with open arms and thanked us. The reward was well worth it."

"We'd come into a place and we could see how their spirits were lifted," said Wyman. "I remember in one show in particular we came off the stage and a lot of the troops there had tears in their eyes and they were giving us hugs and stuff. The reaction was incredible. I had a friend who has been there for a year. He was telling me about it and he said we were the only entertainment he'd seen the entire time."

The show is full of Airmen who come from a variety of career fields. They range from a U-2 plane crew chief to a dental assistant. "This is a special group of folks, we are from everywhere," said Coffey. "All these different career fields and they just mashed us all together and it's really fun. We can learn about each other's career field. We're not 33 people, we're just one team."

"One thing about being in Tops in Blue is it gives you a different perspective on the Air Force as a whole," said Wyman. "You get to see what everybody's doing. You see how the Air Force really impacts everything."

Tops in Blue is one of the most widely traveled and oldest group of military performers. The group is made up of only the best performers. "I feel very humble and I feel very special to be part of it," said Coffey. "We're not just a reflection for this year, we feel like we are the reflection of what Tops in Blue has been and what they have been working towards."

"It's kind of overwhelming at times," said Wyman.





(Above) Airman 1st Class Rick Rosales descends the stairs while singing one of the various songs. (Right) The members of Tops in Blue stand in their Air Force best for the opening of the show. (Top right) Senior Airman Takeesha Washington-Nash sings "I'm every woman" during the Tops in Blue performance on Oct. 29. (Bottom right) Airman 1st Class Erika Marino performs a solo number during the 50th anniversary tour of Tops in Blue during their recent visit to Naval Air Station Sigonella.

"I still don't believe that I'm here. I still kind of wonder how I got here."

The crowd was really into the show at Sigonella. "I loved the show," said HM2 Christine Drasdis. "My favorite part was the Stevie Wonder part, that was awesome. I saw it last year and I loved it."

"I liked the dancing more than the singing," said HM2 Aaron Rich. "I thought it was pretty neat."

After leaving Sigonella, the group traveled to a few more stops in Europe before returning to the U.S. to prepare for a tour through areas such as Japan and Korea.

Coffey will revel in every moment of the tour. She is proud to be able to be a part of the group. "This is the perfect combination for what my dream is," she said. "It's serving my country and performing on stage for the troops all at the same time, all one big shabang."



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